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Subj: **FW:**
 Date: 4/8/2003 12:40:08 PM US Mountain Standard Time
 From: aaatha@mountainsidefitness.com
 To: j4747e@aol.com
 File: **RedMtnsdFitExp.pdf** (438354 bytes) DL Time (TCP/IP): < 1 minute
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-----Original Message-----

From: TOM HATTEN
 Sent: Tuesday, April 08, 2003 11:03 AM
 To: AGATHA MAGIERA-HAUG
 Subject:

Mountainside Fitness Express

A New Dimension *in* Personal Training Fitness Centers

This 5,000 square foot personal fitness center is the largest of it's **kind** in the valley. With 20 pieces of cardiovascular equipment and 60 pieces of **selectorized** and free weight stations this rivals some larger clubs, but that is where the similarity ends. Each cardiovascular station has it's own 15" "Personal Viewing Station" with the ability to choose from 10 video and 5 audio channels. A 400 sq. foot room for group personal training and some of the most unique exercise stations ever done in a fitness center. The locker rooms will boast the valley's first "Personal Steam Showers" and unique "**digilock**" locker systems. The lobby has computer stations set up for members to access their e-mail and internet. Mountainside will offer the first **internet** health club **software** where members can check their account, set up training appointments, even change their workout at home and print **it** out at the club. You can even download your treadmill workout into your PDA change it and upload it into the treadmill the next time you come in.

All memberships will include two personal training sessions a month and childcare. All Express members will have access to any full size Mountainside Fitness Center six times per month including all aerobic classes, basketball and volleyball leagues. Each Express is located within 5 miles of a full size Mountainside Fitness Center.

Mountainside Fitness Express -experience the personalized attention you deserve and achieve the goals you desire!

Saturday, April 11, 1998 America Online: J4747E

6-UP-2003
4/14/2003



6-UP-2003

4/14/2003

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PHOENIX COYOTES
ICE DEN

HEALTH SOUTH

LOT AREA	
LOT AREA	322,130 SF (11.988 AC)
ZONING:	
ZONING:	I-1
BUILDING HEIGHT:	
BUILDING HEIGHT:	26'-8"
BUILDING AREAS:	
A AREA	21,637 SF
B AREA	21,627 SF
C AREA	23,367 SF
D AREA	17,220 SF
E AREA	17,804 SF
F AREA	23,151 SF
G AREA	21,730 SF
H AREA	21,618 SF
TOTAL	178,224 SF

PARKING:	
BUILDING A	40 SPACES
BUILDING B	40 SPACES
BUILDING C	40 SPACES
BUILDING D	25 SPACES
BUILDING E	24 SPACES
BUILDING F	35 SPACES
BUILDING G	34 SPACES
BUILDING H	24 SPACES
PARKING PROVIDED:	
444 SPACES	

OPEN SPACE REQUIRED:	
GENERAL	10,000 SF
RECREATION	10,000 SF
PARKING	20,000 SF
TOTAL REQUIRED	40,000 SF

OPEN SPACE PROVIDED:	
GENERAL	10,000 SF
RECREATION	10,000 SF
TOTAL PROVIDED	20,000 SF

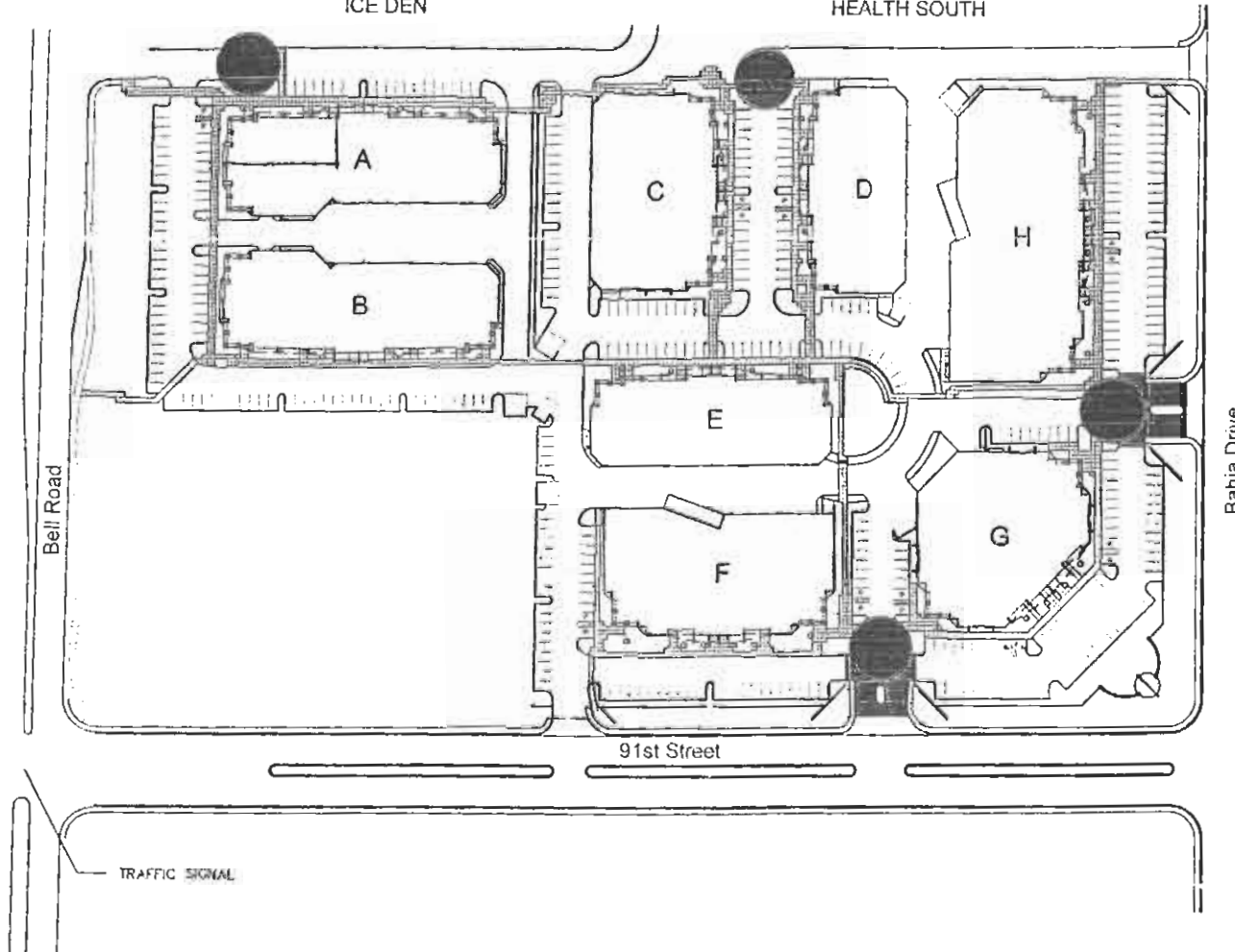
LOT COVERAGE:	
178,224 SF	55.34%

H/C SPACES REQ'D.:	
300 SPACES X 1.5% =	45 SPACES

H/C SPACES PROV.:	
444 SPACES	444 SPACES

BIKE RACKS REQ'D.:	
444 SPACES / 10 =	44 RACKS

BIKE RACKS PROV.:	
44 RACKS	44 RACKS



AN INDUSTRIAL PROJECT FOR BWE 2000, L.L.C.
MCDOWELL MOUNTAIN BUSINESS PARK
G.L.O. LOTS 8, 19 & 20



james
elson

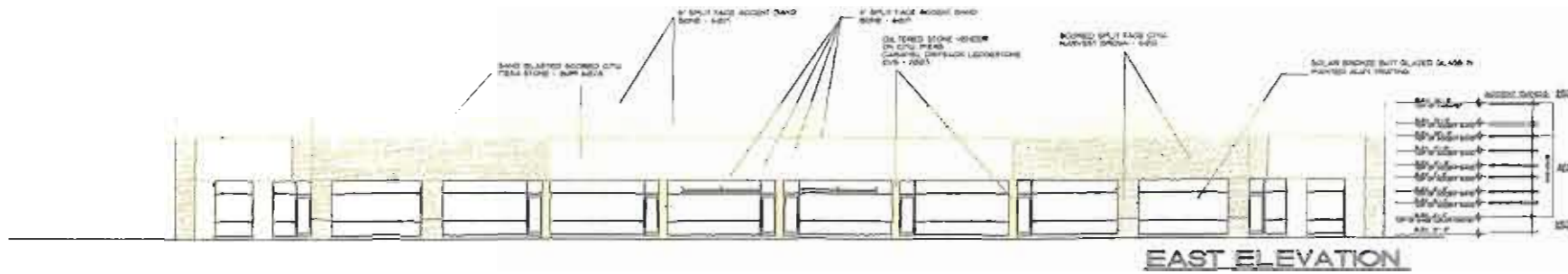
architect SD-1



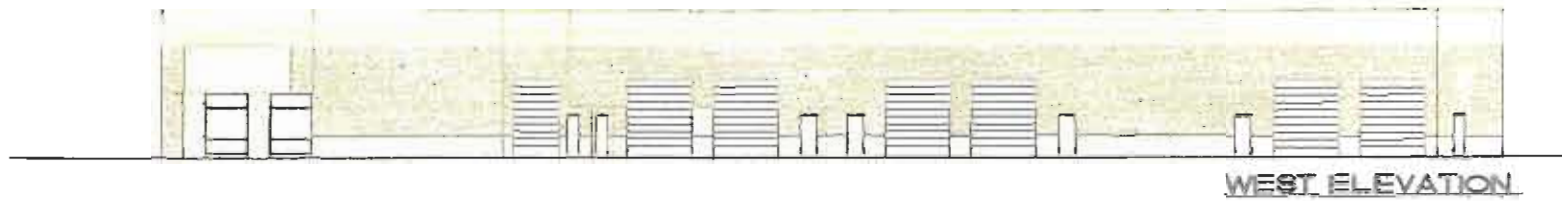
SITE PLAN



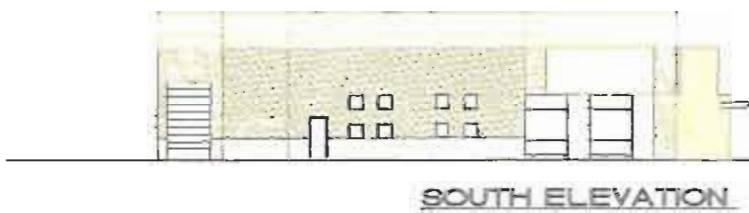
6-UP-2003
4/14/2003



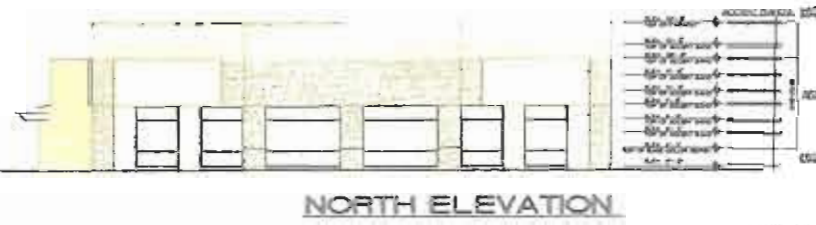
EAST ELEVATION



WEST ELEVATION



SOUTH ELEVATION



NORTH ELEVATION

ACCORDIO SP. F. FACE CTM
WORK-SET BROWN - 1422
SAND BLASTED ACCORDIO CTM
TESSA STONE - BUFF 1422A



AN INDUSTRIAL PROJECT FOR BWE 2000, L.L.C.
MCDOWELL MOUNTAIN BUSINESS PARK
G.L.O. LOTS 8, 19 & 20

BLDG A - ELEVATIONS

6-1/P-2003
4/14/2003